

POISE FITNESS SUMMER BOOT CAMP

It's time to shake up the same 'ol gym routine with a fun alternative to those monotonous indoor "dreadmill" workouts! Why not shed fat fast, build endurance and core strength while meeting new people and enjoying some of the most beautiful scenery Boise has to offer?



Poise Fitness Boot Camp offers a fun and challenging environment, where you will learn to push yourself to higher levels of physical and mental toughness. Each training day is carefully planned by a certified personal trainer and is comprised of cardio, resistance training, agility and speed training, plyometrics and stretching segments, all done at Veteran's Memorial Park in Boise. You will lose body fat and gain body confidence by committing to 60 minutes, 3 days a week for 4 to 5 weeks.

Here are just a few of the benefits you'll receive from attending Boot Camp:

- Dramatic improvements in your physical well-being and self confidence
- Increased strength and endurance
- Loss of inches and a firmer body
- Pre- and post evaluations to help you monitor your progress
- Motivation and inspiration by your "drill sergeant" and those who will be joining you
- A month of fun, energizing activities designed to help you reach your fitness goals
- Nutritional education
- Modifiable exercises to suit all levels – whether you're just getting into fitness or at the peak of your health. Stop doubting yourself and enjoy a new challenge!

August 2010 - Individual (1 person, 3 days/week for 13 sessions) - **\$120**

**Boot camp is held at Boise's Veteran's Memorial Park and begins Friday, August 6th and ends Friday, September 3rd. We meet every M/W/F from 6:30 – 7:30 am. Located at the corner of State St. & Veteran's Memorial. Limited to 20 spots.*

See You At Camp!

For a registration form, email Crystal Thomas at crystalthomas@poisefitness.net, or call 208.861.0847.

Visit www.poisefitness.net for more information about the trainer and Poise Health & Fitness.